## Men over 17 and women over 45 can safely eat more fish

○ **Safe to eat 5 servings per week —** bluegill and other sunfish

OR

◔ **Safe to eat 2 servings per week —** carp, catfish, or sucker

OR

● **Safe to eat 1 serving per week —** largemouth bass **OR 2 servings per month —** striped bass or sturgeon

**Do not eat fish or shellfish from the Port of Stockton.**

## ♥ Why eat fish?

Eating fish is good for your health. Fish have Omega-3s that can reduce your risk for heart disease and improve how the brain develops in unborn babies and children.

## What is the concern?

**Some fish have high levels of mercury** that can negatively affect how the brain develops in unborn babies and children.

## What is a serving?
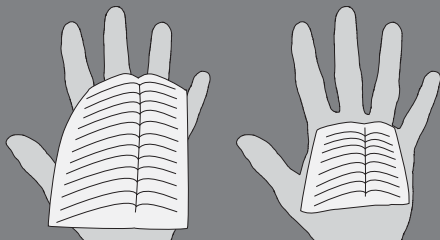
**For Adults**     **For Children**

The recommended serving of fish is about the size and thickness of your hand. Give children smaller servings.

## Fish buying guidelines for women 18 – 45 and children 1 – 17

Do not eat fish caught by family or friends in the same week that you eat fish bought in a store or restaurant. For fish that you buy:

○ **Safe to eat 2 servings per week** of low mercury fish such as salmon ♥, pollock, catfish, tilapia, shrimp, anchovies ♥, sardines ♥, trout ♥, or canned chunk-light tuna

OR

○ **Safe to eat 1 serving per week** of medium-mercury fish such as canned albacore (white) tuna ♥

● **Do not eat** shark, swordfish, tilefish, or king mackerel
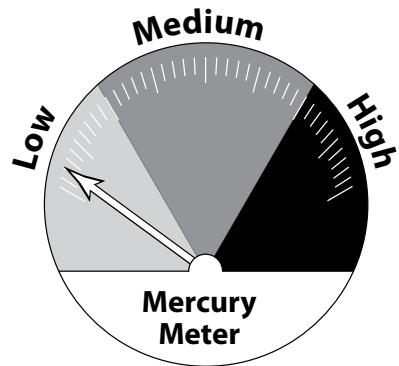
♥ = High in Omega-3s

12-09

# Guide to Eating Fish Caught in the
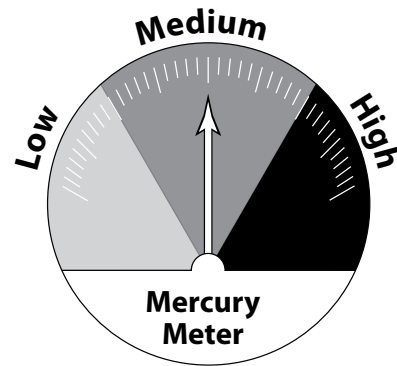# San Joaquin River
From the Port of Stockton to Friant Dam

# A guide to eating fish caught in the San Joaquin River
## Women 18 - 45, especially those who are pregnant or breastfeeding, and children 1 - 17

**Mercury Meter** (Low / Medium / High)
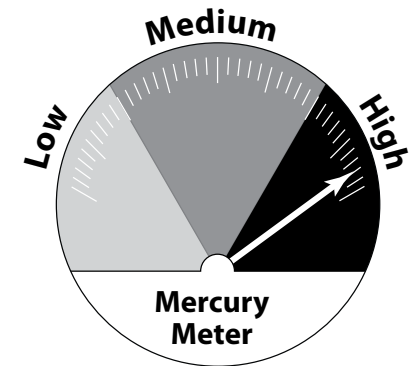
Bluegill and other sunfish

**Mercury Meter** (Low / Medium / High)

Catfish

Carp

Sucker

**Mercury Meter** (Low / Medium / High)

Largemouth Bass

Striped bass

Sturgeon

**Safe to eat 2 servings per week**

**OR**

**Safe to eat 1 serving per week**

**Do not eat**
except **striped bass under 27 inches** or **sturgeon** — safe to eat 1 serving per month

**Do not eat**
any fish or shellfish from the Port of Stockton